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This checklist has evolved over many years of a growing experience in helping people resolve their non-Christian spiritual experiences. I am indebted to Rev'd Howard Astin of St John's Church, Bowling, Bradford for giving me permission many years ago to adapt some of his original material which is included in sections 1 & 2.

The Prayer of Identificational Repentance in connection with the Border Reivers found on pp.40-42 is reproduced from a blog posted on 26th April 2011 by Angus MacKillop *The Archbishop of Glasgow's "Monition of Cursing."* Copyright is with "His Kingdom Prophecy" and is licenced under a Creative Commons Licence.

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USING THE BAGGAGE CHECKLIST

Bringing your non-Christian spiritual experiences to God

Whether we realise it or not we have all had non-Christian spiritual experiences:

Non-Christian: from our pre-Christian life or the effects of living amongst non-believers in a non-Christian world and/or environment.

Spiritual: something that affects us spiritually or that leaves a lasting spiritual imprint on our heart, soul or strength that affects the life-choices we make.

Experience: something that actually happened and affected us physically or emotionally; an event: reading a horoscope, waking up in a cold sweat from a nightmare, being suddenly separated from our children as the result of a relationship break down; coping with the aftershocks and mind-tape re-plays of a car crash; suffering some form of trauma or abuse, etc.

What is often unrecognised by us is the lasting effects living through these negative experiences have on how we go on to live our daily lives. Unconsciously we might turn to some form of coping mechanism [e.g. self-imposed limitations borne out of fear] like leaving the light on during the night etc.

Read 1 Corinthians 2:14; Ephesians 4:18.

Before we enter God's Kingdom we understand very little about God's rules for godly living or sin and its consequences because our hearts are hardened and our thinking is un-renewed by the Spirit of God. We might know that one thing is 'right' whereas another is 'wrong' because we have been told it is so but increasingly in society our moral and spiritual boundaries are becoming blurred. We live primarily to please ourselves by attempting to satisfy our in-built instinct for self-survival whilst trying to plug the god-shaped hole within us through searching for pleasure, knowledge or understanding in all manner of things that bring temporary relief or satisfaction. These things might be physical, intellectual, psychic, occult, heretical or paranormal and might involve one or all of our senses [sight, sound, smell, taste or touch] as well as our mind, will and emotions. The result of our dabbling in these 'things' is the opening of a spiritual door of influence to the enemy in our lives which he then uses as a foothold to entangle us deeper and deeper into a web of sin or deception. Once we become 'hooked' by the bait one thing leads to another: before we realise it the foothold has become a stronghold which if left unresolved goes on to become a behavioural habitual bondage which may even be passed down to our descendants. What is frequently unrecognised is that behind these actions and behavioural choices is an unseen spiritual root somewhere in our background that usually stems from an unresolved spiritual issue relating to one or more of our non-Christian spiritual experiences. All of this is our spiritual 'baggage'.

When I was in my 20s and living on my own I was followed home late at night by a gang of youths who came right to my door. They obviously thought it was funny to tail-gate me and flash their lights in my mirror but I was terrified. A lady just a few doors away had been recently murdered and my mind raced ahead... Eventually I drove to a friends' house but my nerves were shot to pieces. The next day I wrote my car off under a railway bridge and I never went back to work full-time in the job I had at the time. Every night I would move a chest of drawers to barricade myself into my bedroom. It was the beginning of years of successive bouts of depression and occasional suicidal thoughts. None

of it was my fault BUT I opened the door to fear and the devil walked right in.

Satan is a legalist and holds on tightly to whatever legal ground we have given him in our lives. If we fail to deal with the aftermath of such an event or experience fairly soon, e.g. by praying-off the shock and giving all resulting anger, fear and emotions [e.g. shame or guilt] to God, then the devil will continue to use the foothold given him to not only harass our thought-life but also influence and control our behaviour for many years to come. From that original experience we might be drawn deeper into fear, anxiety, pain and illness, promiscuity, the occult, drugs, debt or whatever our chosen coping mechanism might be. Satan's strategy is to rob us of fulfilling Father God's destiny for our lives which is why, as believers we must take our stand against his schemes and get rid of our spiritual baggage as soon as possible.

This Baggage Checklist is a small part of a whole discipleship process called New Beginnings Discipleship. Please see our web-site www.newbeginningsdiscipleship.com for further details.

The Baggage Checklist and Individual Prayer Appointment:

The checklist that follows is designed to help us identify both the roots and the consequences of having lived through these non-Christian spiritual experiences. Then, in the context of a special prayer time with a trusted disciple-maker, minister or friend we then use prayers of confession, repentance and renunciation to deliberately take back any legal ground the enemy has taken. We do this at this stage of the discipleship process so that we might become the whole individuals Father created us to be in the beginning and that we might be as spiritually open as possible to what the Holy Spirit may want to do in us as we go further on in our personal journey of discipleship. That makes it worth doing well!

James 4:7 says: *“Submit yourselves, then, to God. Resist the devil, and he will flee from you.”*

These verses teach us there is a process: firstly we must submit ourselves to God THEN we are to resist the devil. If we try to resist the devil without first submitting ourselves to God it will not be easy. Therefore before going any further pray the following prayer and declaration out loud over your life.

Prayer of submission to Father God:

Lord God, I welcome You, Father, Son and Holy Spirit, in all Your fullness in this room and in my heart today. I confess with my lips that I am a sinner and praise You for revealing Your grace, truth and salvation to me in the form of Jesus my Saviour and King.

I submit myself wholly to Your control: I ask You to apply the protection of the precious blood of Jesus to the spiritual doorposts of my life: my thoughts, attitudes, health, strength, home, family, finances, job and ministry for Your Kingdom.

Holy Spirit I invite You to come and make Your presence known: I submit to Your leading, guidance and control. In Jesus' name Amen.

Declaration into the spiritual realm:

In the name of God the Father, Son and Holy Spirit, Creator of all, King of the universe and in the authority I have been given, as a precious child of God and co-heir in heavenly places with Jesus my Saviour, I bind the activity of every demonic spirit from the pit of hell that seeks to control, manipulate or dominate my life. I declare to Satan and all demonic spirits that you have no authority in this place. Therefore all legal ground gained by you in my life must be given up and surrendered to the Holy Spirit. I command you to

release me immediately in order that I may be free to choose to become a true disciple of Jesus my King and Saviour. I declare that you have no power to prevent God's will and destiny from being fulfilled in my life today. HALLELUJAH!

Take the time to work deliberately and thoughtfully through the questions that follow. Do not be anxious if you get a headache, feel dizzy or nauseous whilst completing this exercise; it happens to a great number of people and is because you have embarked on the spiritual battle for your freedom. Try to ignore it and press on, I promise you it will be worth it.

How to work through this checklist:

Read prayerfully through the following questions. Place a tick or circle (as appropriate) beside any area where you know or think **YOU** may have been involved - however passive or tentative that involvement may have been. Where you know or suspect one of **YOUR PARENTS or GRANDPARENTS** might have been involved mark the margin with a large capital letter 'A' [for ancestor]. This will help us be as comprehensive as possible when we pray prayers relating to generational sins towards the end of the Prayer Appointment.

As you read THINK...

Did I ever do this thing – even once, or was I in any other way involved?

Was I present (even as a child) when any of them were going on?

Could I have been involved by:

SIGHT (TV, films, books, illustrations etc.)

SOUND (at home, school, radio, etc.)

TOUCH

TASTE OR

SMELL (*drugs etc.*)

Once you have completed working through the checklist leave it alone for a few days. Continue to pray asking Father God to show you if there is anything else you have not thought of. He may give you a dream or bring back a memory that has been hidden in the recesses of your mind for many years.

The day before your Prayer Appointment go through it again and make any additions. Your group leader will have gained some experience of helping people in what is the best way to pray into certain scenario so please resist the temptation to work through any of the prayers before the Prayer Appointment.

1. INTELLECTUAL EXPERIENCE

Have you or any members of your family ever been involved in actively denying any of the following areas of orthodox Christian truth? Remember to mark the margin with a capital 'A' where you suspect a member of your family may have done this thing:

Denied the reality of God the Trinity.	Denied the deity of Jesus Christ.	Denied His bodily resurrection.
Denied His second coming.	Denied the centrality of the shed Jesus' BLOOD.	Denied the reality of Satan as a living being.
Denied Satan's evil forces.	Sought 'ultimate truth' in philosophical terms rather than through Jesus.	Actively believed that all religions lead to God.
Tried to contact God with the mind alone.		

Pray one of the following prayers as appropriate.

a) WHERE YOU HAVE BEEN AN ACTIVE PARTICIPANT:

Father God, I confess that I have actively denied the truth of the Word of God by _____. I now know that this was wrong. Thank You for Your forgiveness. I renounce any and all involvement with _____ and I cancel out all ground the enemy gained in my life through my involvement in _____. I ask You to renew my mind as You teach me Your truth. In Jesus' name Amen.

b) WHERE YOU HAVE WATCHED SOMEONE ELSE PARTICIPATING:

Father God, I confess that I have passively denied the truth of the Word of God by being in the same room when others were _____. I renounce any and all involvement with _____ and I cancel out all ground the enemy gained in my life through this experience. I ask You to renew my mind as You teach me Your truth. In Jesus' name Amen.

2. PSYCHIC, PARANORMAL AND OCCULT EXPERIENCE

This section relates to areas of involvement clearly forbidden in Scripture

Have you or any members of your family ever tried to foretell the future [however amusingly] by using:

Fortune telling.	Crystal ball.	Tarot cards.
Palm reading.	Card laying.	Ouija board.
Planchette (table, glass & letters).	Tea leaves.	Coffee stains.
Psychic readings.	Pendulum.	Magic eight ball.
Horoscopes.	Studying Astrology.	Clairvoyance.
Visualisation.	Runes.	Lucky charms.
Other related means... explain below.		
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Have you or any members of your family ever tried to divine or dowse for omens by using any of the following:

Rods.	Pendulum.	Salt.
Cloud shapes.	Burning branches/leaves.	Thunder and lightning.
Dice.	Pebbles.	Key-dangling.
Melted wax in water.	Incense.	Numbers.
Eggs.	Pieces of wood.	Runes.

Do any of the following apply to you or any members of your family?

<p>Being superstitious [throwing salt over your shoulder, avoiding walking under ladders, saying 'white rabbits' on the 1st March etc.]. Explain below.</p> <hr/> <hr/>
<p>Keeping any oriental, occult, pagan or other ornaments or objects which were originally made for use in pagan temples, religious rites or in the practice of magic, sorcery, witchcraft, divination or spiritualism. List below.</p> <hr/>
<p>Actively worshipping or venerating one or more of the above objects [fetishism].</p>
<p>Do you keep, or wear, 'good luck' charms, amulets, crystals, zodiac signs, St Christopher's etc.? List below.</p> <hr/>

Have you or any members of your family ever tried to contact the missing or dead by consulting or attending a:

Psychic.	Séance.	Spiritualist meeting.
New Age Channeller.		

Have you or any members of your family ever:

Encountered ghosts or materialisations of persons known to be dead.
Participated in levitation.
Participated in table tipping/table lifting.
Read about or studied parapsychology.
Encountered a poltergeist.
Tried or used automatic writing.
Been harassed by demons, psychic or occult means.

Been the object of a sexual attack by demons or sexual spirits – incubi or succubae.
Been told you or they have a ‘spirit guide’ or guardian angel. Write down the name or description if there is one. <hr/>
Had an imaginary friend. Write down the name or description. <hr/>
Been told you or they have become a Medium or Channeller or have psychic powers.
Heard or sensed an evil presence in your room at night as a child. Write down a description. <hr/> <hr/>
Seen or been contacted by beings you thought were aliens.
Visited any occult or pagan shrines or places of ancient ritual for anything other than tourism (e.g. Stonehenge, Avebury Ring, Glastonbury Holy Well etc.). List below. <hr/>

Have you or any members of your family ever:

Had any personal or family connections with Satanism or Satanists
Attended Satanist meetings or been involved in any rituals. Describe the type of rituals below: <hr/>
Seen or been involved in worship of Satan.
Attended or participated in heavy rock, gothic or any music in which Satan was the focus.

Have you or any members of your family ever:

Had any involvement with Witchcraft.
Attended Coven meetings or been involved in any rituals. Describe the type of rituals below: <hr/> <hr/> <hr/>
Practised black or white magic.
Made a blood pact with someone else or cut yourself on purpose as part of any ritual or childhood game. Explain below. <hr/>
Made or sworn a secret oath, or made any verbal or written vow or pact to an individual, a guild or as a member of an organisation. Explain below: <hr/>
Attended any seminars or courses written or led by anyone other than by committed Christians.
Visited a witchcraft or black museum (e.g. Boscastle Museum of Witchcraft) etc.
Read about any of the above especially the <i>Satanic Bible</i> , <i>Book of Shadows</i> , <i>Secrets of the Psalms</i> , <i>Sixth and Seventh Books of Moses</i> .
Have you any such book in your possession now?

Have you or any members of your family ever:

Had any involvement with occult-based or war-based violent Sci-Fi or fantasy.
Attended any associated clubs or gatherings. Describe the type of things you did below: <hr/>

<hr/> <hr/>

Acted out any of this violence or fantasies.

Owned any associated books, games or DVDs e.g. *Osiris, Dungeons and Dragons, Magick* etc. List them below:

Have you any such books, games or DVDs in your possession now?

Have you or any members of your family ever visited or been a practitioner of any of the following:

Natural healer/healing.	Spiritual healer/healing.	Psychic healer/healing.
Faith [not Christian] healer/healing.		

Have you or any members of your family ever sought healing or had any of the following alternative treatments either as a child or adult:

Acupuncture.	Aromatherapy.	Bio-Kinesiology.
Black Box.	Bowen Technique.	Charming.
Flower remedies.	Homeopathy.	Reflexology.
Colour treatment.	Crystals.	Yin & Yang.
Hypnosis.	Radionics.	Magical cures.
Chinese medicine.	Moonstones/Mood stones.	Amulets.
Lucky charms.	Reiki.	Shiatsu massage.

Other alternative medicine. List these below:

Had your character read by an expert on graphology [hand-writing] or phrenology [bumps on the head].

Have you or any members of your family ever practiced any of the following either as a child or adult:

Transcendental Meditation.	Yoga.	Karate.
Kung Fu.	I Ching.	
Martial Arts [including mysticism/devotion to sensei].		
Transactional Analysis.		

Have you or any member of your family ever practiced or experimented with any of the following:

ESP.	Metaphysics.	Self-realisation.
Speaking in a trance.	Trances.	Sorcery.
Mystical meditation.	Magical charming.	Mental suggestion.
Cabala/Kabala.	Materialisation.	Fork bending.
Dream interpretation.	Raptures.	Spirit travel.
Telepathy or mental control of others.	Telekinesis [moving object by mind].	
Astral projection.	Floated out of your body or room.	
Drugs [hard or soft] for 'trips'.		
Had any uncanny psychic or paranormal experiences. Explain below.		
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Been involved in any 'scientific' studies of the paranormal. Explain below.		
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Read about any the above subjects or been to any seminars or courses.		
Have you any such book in your possession now?		

Have you or any members of your family ever tried to divine or dowsing for water, minerals, or disease by using any of the following:

Rods.	Pendulum.	Salt.
Cloud shapes.	Burning branches/leaves.	Thunder and lightning.
Dice.	Pebbles.	Key-dangling.
Melted wax in water.	Incense.	Numbers.
Eggs.	Pieces of wood.	Runes.

Once you have completed your checklist, confess and renounce each item or experience you were involved in by praying out loud one of the following prayers:

a) WHERE YOU HAVE BEEN AN ACTIVE PARTICIPANT

Father God, I confess that I have participated in _____. I now know that this was wrong. Thank You for Your forgiveness. I renounce any and all involvement with _____ and I cancel out all ground the enemy gained in my life through my involvement in _____. In Jesus' name Amen.

b) WHERE YOU HAVE WATCHED SOMEONE ELSE PARTICIPATING

Father God, I confess that I have been a passive participant in _____ by being in the same room when it was being done by others. I renounce any and all involvement with _____ and I cancel out all ground the enemy gained in my life at that time. In Jesus' name Amen.

c) RENOUNCING A SPIRIT GUIDE, IMAGINARY FRIEND

In the name of Jesus I renounce all involvement with the spirit guide/imaginary friend named _____. I cancel out all ground the enemy gained in my life through my involvement with this demon. In Jesus' name Amen.

d) RENOUNCING A COUNTERFEIT SPIRITUAL GIFT

In the name of Jesus I renounce all involvement with the counterfeit gift of _____. I will not attempt to use it again. I cancel out all ground the enemy gained in my life through my involvement with this demon. In Jesus' name Amen.

e) RENOUNCING INVOLVEMENT WITH A SEXUAL SPIRIT(S)

In the name of Jesus I renounce all involvement with the sexual incubus or succubus. I break the sexual bond with the incubus or succubus. I cancel out all ground the enemy gained in my life through my involvement with this demon. In Jesus' name Amen.

f) RENOUNCING A SECRET PACT, OATH OR VOW

Whenever we have made ungodly oaths or vows of allegiance (which are forms of covenant) to organisations or individuals these should be renounced as specifically as possible. If this relates to Satanism, witchcraft or any form of Masonic order then please ask your group leader for the special renunciations in their Group Leader's Guide.

For any other form of oath use the following prayer:

Father God, I confess that I have entered into a secret pact, oath or vow with _____ (name the people involved) by _____ (say what you did).

I now know that this was wrong. Thank You for Your forgiveness. I renounce any and all involvement with this secret pact, oath or vow. I cut myself and _____ (name the people involved) free from one another. I cancel out all ground the enemy gained in my life through my involvement in this activity. In Jesus' name Amen.